

Jaw stretch using sticks

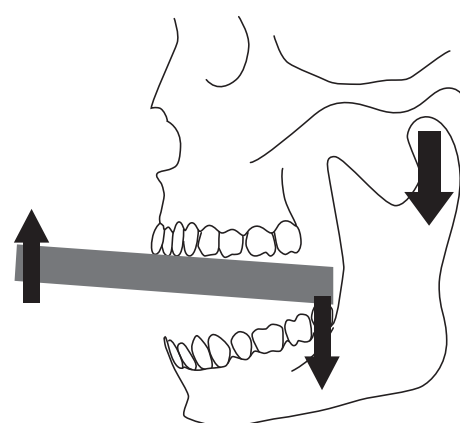
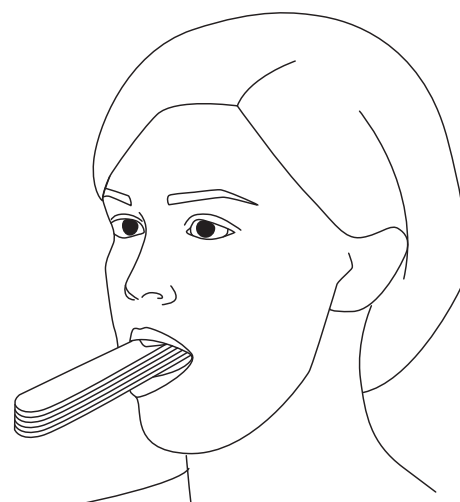


Information for patients MSK Outpatients (Therapy)

Do not do this stretch until your therapist has explained it

How can I increase my jaw opening movement?

- Your therapist will have provided you with **sticks** to do this exercise.
 - On the side to be stretched, slide the sticks between the **back teeth**.
 - Use as many sticks as feels **comfortable**.
 - Your jaw should still feel reasonably **relaxed**.
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- Hold the end of the sticks.
 - **Slowly** move the sticks **upwards** (see image) to feel a **gentle** stretch at your jaw (**not** too much force or discomfort).
 - **Slowly opening** your jaw at the same time as you move the sticks upwards can help improve this stretch.
 - Repeat **10 times**.
 - Do this stretch **3 times daily**.



Your therapist can show you an alternative technique; using your **thumb** instead of the sticks.



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